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ESWT POST-OP INSTRUCTIONS

- No ice or anti-inflammatory medications for 3 weeks
- Do not drive the day of the treatment
- Rest the day of the treatment
- Return to normal activities in 24 hours
- No heavy exercise or lifting for 4-6 weeks
- Continue with conservative treatments such as orthotics, splints, and stretching
- Do not go barefoot! Please wear a shoe with good support.
- Tylenol for pain management, as needed.
- 12 weeks of healing time depending on response-varies with each patient
- Improvement monitored monthly

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